

<https://www.youtube.com/watch?v=Ab9OZsDECZw>

## Blood Pressure

When the heart contracts, it produces a wave of fluid pressure in the arteries.

The force of the blood on the arteries' walls is blood pressure.

Blood pressure keeps blood flowing through the body.

Blood pressure is measured with a sphygmomanometer.

A typical blood pressure for a healthy person is 120/80.



the first number (systolic) comes when the heart contracts

the second number (diastolic) comes from the heart resting

higher readings may mean that blood flow is restricted in the blood vessels

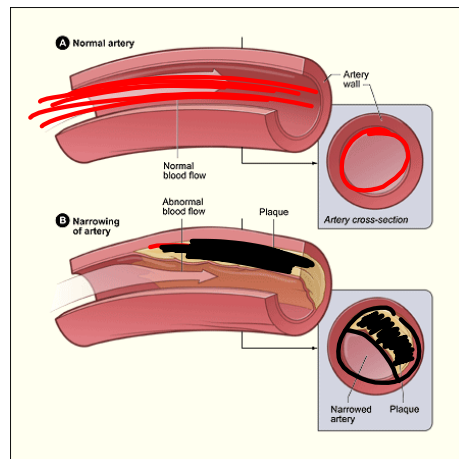
this could indicate a blockage may be developing in an artery or could result in damage to the blood vessel which could lead to a heart attack, stroke, aneurysm

can also be called the silent killer as you probably don't know you have high blood pressure

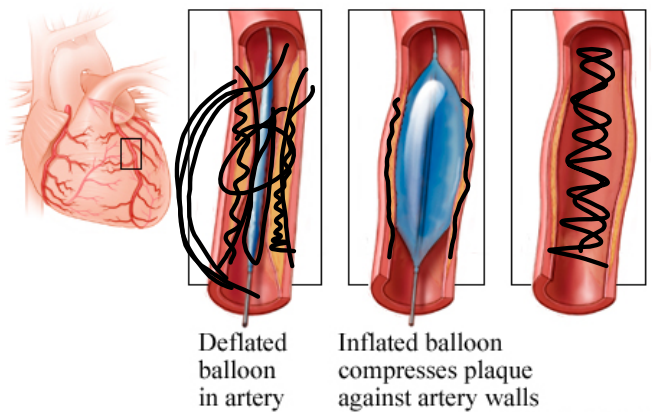
vasoconstriction - body's ability to narrow blood vessel and prevent blood flow to the extremities

vasodilation - opening of blood vessels

## atherosclerosis - narrowing of the arteries

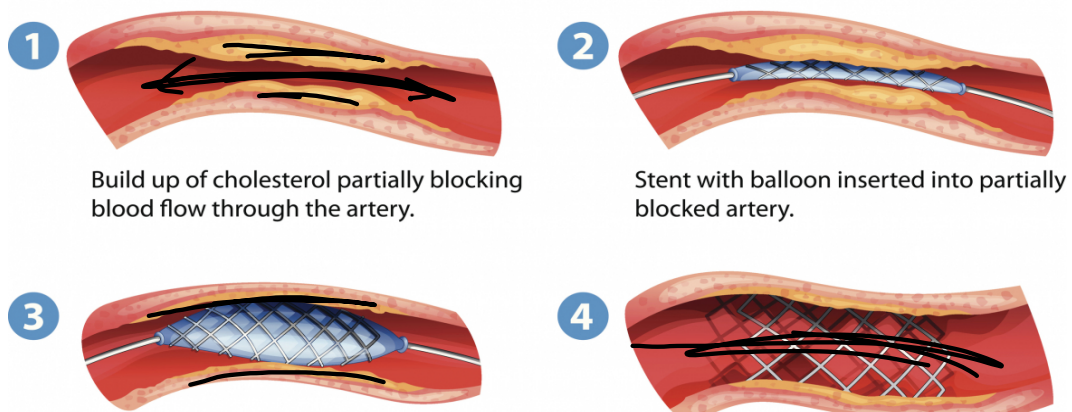


angioplasty - a procedure where a balloon is inserted into a narrowed artery - pumped up and pushes the plaque back so blood can flow through



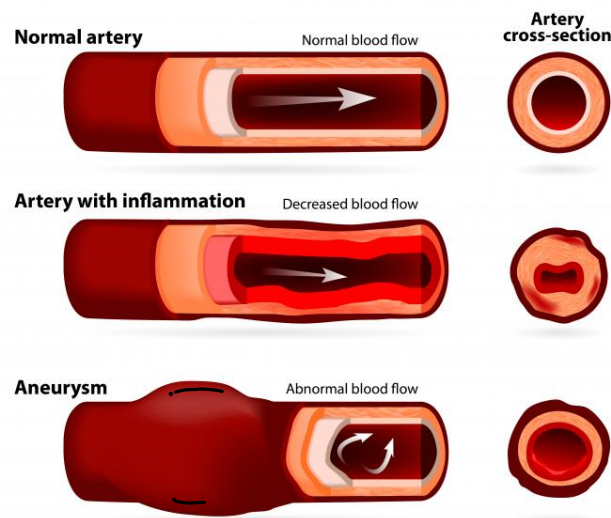
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stent - <sup>or wire</sup> glass sleeve that can be inserted into an artery to allow blood to move more freely

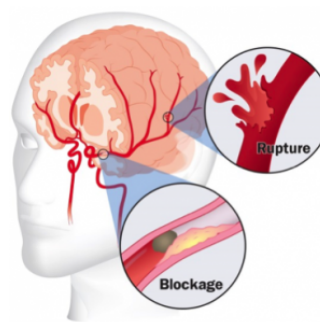


hypertension - high blood pressure (consistently over 140/90)

Aneurysm - a bulge in an arterial wall - can burst and blood will not get to it's destination



Stroke - a blockage or burst artery in the brain



embolism - a blood clot that can form in an aneurysm and move to cause a blockage somewhere

